|  |  |
| --- | --- |
| **G:\Kwon'TKD\Logos\COLOR LOGO.jpg BASIC NUMBER THREE** |  |
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 **(Little Tigers)**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **C:\Users\King\Desktop\kibon\IMG_9728 - 복사본.JPG** |  | **C:\Users\King\Desktop\kibon\IMG_9737 - 복사본.JPG** |  | **C:\Users\King\Desktop\kibon\IMG_9755 - 복사본.JPG** |  | **C:\Users\King\Desktop\kibon\IMG_9756 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9757 - 복사본.JPG** |
| **1** |  | **2** |  | **3** |  | **4** | **5** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Hand side** | **Bow** | **Hand on your hips** |  |  |
| **Attention stance** | **Attention stance** | **Attention stance** | **Ready stance** | **Horseback stance** |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **10** | **9** | **8** | **7** | **6** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Hand on your side** |  |  |  |  |
| **Attention stance** | **Ready stance** | **Long stance** | **Ready stance** | **Long stance** |

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| **C:\Users\King\Desktop\kibon\IMG_9737 - 복사본.JPG** |
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|  |  |  |  | **Thank you Sir !** |
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**Kwon’s Taekwondo Little Tigers Course**

**White & Orange Stripe Belt**

|  |  |
| --- | --- |
| Stances | Attention, Ready stance, Horseback Riding stance, Walking stance, Kicking stance |
| Blocks | Low block, High block, In block |
| Strikes | Punch (1,2,3) |
| **Form** **(Yellow Stripe)** | **BASIC NUMBER THREE (3)** |
| **Kicking Techniques****(Blue Stripe)** | **FRONT KICK, AXE KICK** |
| **Board Breaking****(Red Stripe)** | **ELBOW STRIKE** |
| Kicking Combination | 1. Front kick – axe kick2. Front kick - axe kick - double punch |
| **Korean Terms** | 1. **What is your master’s name?**–Young Min Kwon Sir!2. **What do you learn at this school?**–Tae Kwon Do Sir!3. What is your parents name?4. What is your parents phone number?5. **SA BUM NIM -** Master instructor6. **KAM SA HAM NI DA** – Thank you7. **AN NYUNG HA SE YO?** - How are you?8. **AN NYUNG HI GEI SE YO** – Good- bye9. **CHA RYEOT** - Attention10. **KYEUNG NAE** - Bow11. **JUN BEE** - Ready12. SHI JAK - Begin13. BA RO - Return14. KI HAP - Yelling15. **Korean counting 11 – 20** |

**Testing for White & Green Stripe Belt**

Student must have 3 for color tips (Yellow, Blue, Red)

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| --- |
| **Techniques you will be asked to demonstrate*** Basic stances, strikes, blocks
* Kicking Techniques / Kicking combinations
* BASIC NUMBER THREE (3)
* Breaking Board (Elbow Strike)
* Korean Terms / Physical Fitness (15 Push up, 15 Sit up)
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